



### Low-Cost and Free Food Programs in Langley

Updated as of 29 April 2020 These programs can change frequently-please call before attending to confirm details.

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	FHA Area
<b>Muslim Food Bank</b>	Lower Mainland 104-12941 115 Ave. Surrey	1-866-248-3868	<a href="https://www.muslimfoodbank.com">https://www.muslimfoodbank.com</a>	Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents. Serve clients who are Muslims or Non-Muslims who have dietary restrictions whether religious or cultural. If you have NO dietary restrictions, please attend your local foodbank. Clients call to register. Hampers to be pick up at the Surrey location. Clients need to bring picture ID, proof of income & proof of address. Also offers a range of supports for clients and new refugees to help aid with settlement. Baby supplies, used clothing, baby and other household items may also be available.	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am		Langley & Fort Langley; Aldergrove
<b>Community Meals</b>													
<b>Gateway of Hope</b>	5787 Langley Bypass	604-514-7375	<a href="http://gatewayofhope.ca/">http://gatewayofhope.ca/</a>	Offer meals everyday to all.  COVID-19: Bagged lunch (12:30-1pm daily) and weekly hampers for people in need in Langley		12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	Langley & Fort Langley
<b>Nightshift Ministries</b>	5708 Glover Rd (parking lot of Vineyard Church)	604-953-1114	<a href="https://nightshiftministries.org/">https://nightshiftministries.org/</a>	Meals for people who are in need	FREE	7-8PM			7-8PM				Langley & Fort Langley
<b>Seniors Resource Centre</b>	20605 51B Avenue (East Side)	604-530-3020	<a href="http://srs.ca/dining-room/">http://srs.ca/dining-room/</a>	Low cost meals for Seniors. Full meals, Soup and Sandwiches, Coffee and Desserts etc  COVID-19: Must order by noon the day prior to pick up and at Seniors Resource Centre and CASH ONLY. Deliveries by request - available to those that cannot come in person.	Fresh & Frozen Meals: \$6  Frozen Soup: \$3		10am-1pm	10am-1pm	10am-1pm				Langley & Fort Langley
<b>Grocery and Meal Delivery</b>													

### Low-Cost and Free Food Programs in Langley

Updated as of 29 April 2020 These programs can change frequently-please call before attending to confirm details.

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	FHA Area
Meals on Wheels	20414 Douglas Cres Langley	604-533-1679	<a href="http://www.lmow.ca">http://www.lmow.ca</a>	A voluntary service consisting of delivery of reasonably priced hot meals to those whose physical, emotional, mental or social condition handicaps their ability to obtain or prepare adequate meals for themselves. Volunteers deliver meals by car Monday to Friday. Subsidized meal program works with public health units and people can be referred to it and the client pays half and meals on wheels pays other half.	\$3.50- \$6.50 no delivery fees	11:30-1pm	11:30-1pm	11:30-1pm	11:30-1pm	11:30-1pm	frozen meals available	frozen meals available	Langley & Fort Langley
Better Meals	5742 Beresford St Burnaby	604-299-1877 1-888-838-1888	<a href="http://www.bettermeals.ca">www.bettermeals.ca</a>	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and expanded pureed entrees menu options and a la carte items are available. No MSG or preservatives added. Order online or by phone. Ordering by 2 pm 2 business days before delivery day	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order								Langley & Fort Langley; Aldergrove
Healthy Living Bag	Langley Meals on Wheels	<a href="https://lmow.ca/contact-us/">https://lmow.ca/contact-us/</a>	<a href="https://lmow.ca/">https://lmow.ca/</a>	Langley residents age 50+ who would like to add a variety of nutritious fresh fruits and vegetables to their diet and support local farms and communities.	Low cost								Langley & Fort Langley